

CEINTURE ORANGE JU JITSU



1. KATATE DORI

Saisie du poignet à 2 mains



2. ERI DORI

Saisie croisée du revers



3. MAE DORI KUBI

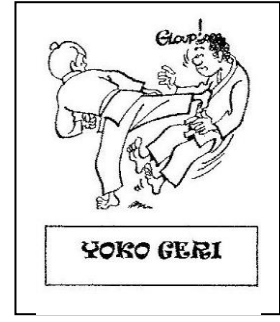
Saisie à 2 mains de face au cou



MAWASHI GERI



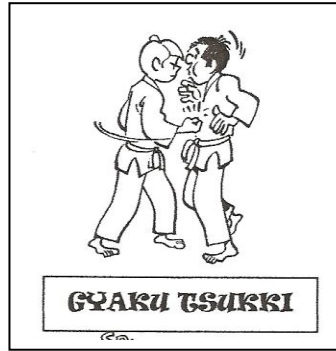
MAE GERI
BAS



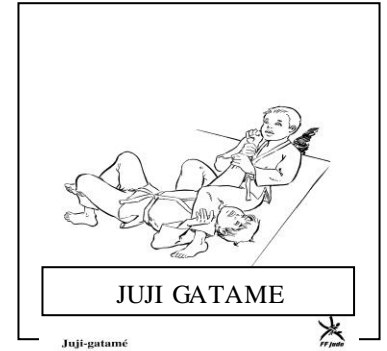
YOKO GERI



OI TSUKKI

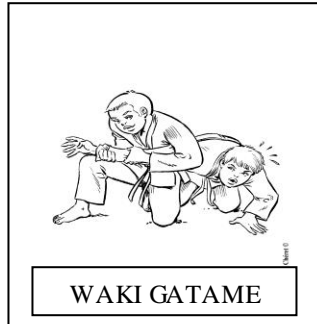


GYAKU TSUKKI

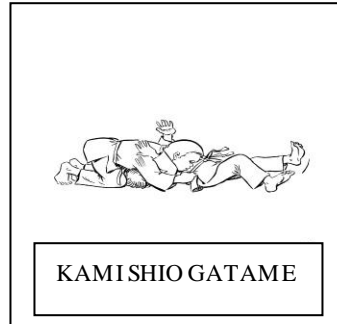


JUJI GATAME

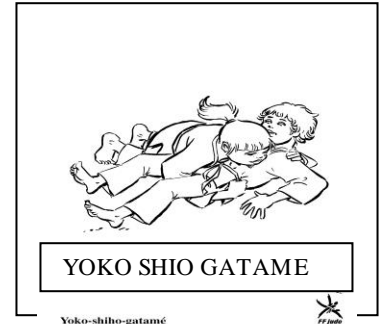
Juji-gatamé



WAKI GATAME

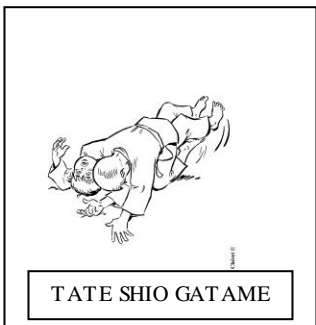


KAMISHIO GATAME



YOKO SHIO GATAME

Yoko-shiho-gatamé



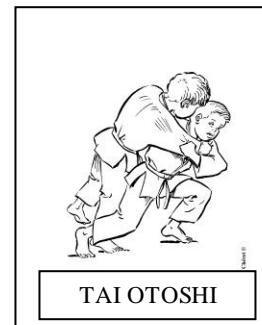
TATE SHIO GATAME



KATA HA JIME



IPPON-SEOI-NAGE
PROJECTION PAR UNE EPAULE



TAI OTOSHI



MOROTE SEOI NAGE



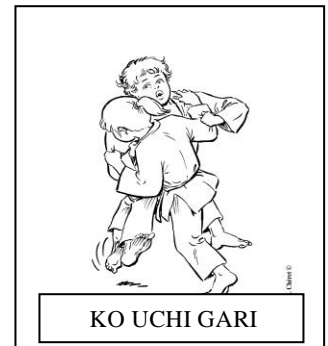
O SOTO-GARI
GRAND FAUCHAGE EXTÉRIEUR



O UCHI-GARI
GRAND FAUCHAGE INTÉRIEUR



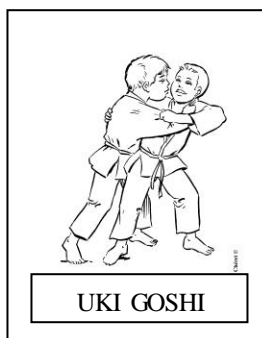
KO SOTO GARI



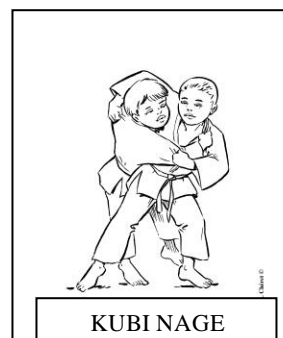
KO UCHI GARI



O GOSHI



UKI GOSHI



KUBI NAGE